

## SENIOR COMMUNITY CAFÉ MENU CALENDAR – March 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Pizza and Calzone  By  Fresh River Healthcare	3	Beef Veg Soup / Cheeseburger w/ Amer Cheese on Multigrain Bun / Must Ketchup , Relish Potato Salad /Sliced Tom / Leaf Lettuce/ Peaches	4	Pot Roast w/ Vegetable Gravy Parslied Potatoes Green Beans Wheat Dinner Roll Pineapple Tidbits	5	Italian Style Chicken Parmigiana / Rigatoni w/ Tomato Sauce / Parmesan Cheese / Brussel Sprouts 100 %Wh Wheat Bread Fresh Banana	6	Tomato Soup Swiss Cheese & Spinach Quiche Peas & Diced Carrots Garden Salad Greens w/ Diced Toms & Cucs / Ranch Dressing / Saltine Crackers / Cookie
9	<i>Lunch by Joe</i>	10	Grape Juice Beef Chili w/ Beans Baked Potato / Shredded Cheese Italian Green Beans Wheat Dinner Roll Frosted Cake	11	Hearty Vegetable Soup Roast Pork Hawaiian Style Brown & White Rice Broccoli Cuts / Saltines Fresh Orange	12	Orange Juice Beef Stew w/ Potatoes Peas & Diced Carrots Salad w/ Diced Toms, Cucs, Croutons / Ranch Dr /Buttermilk Biscuit / Applesauce	13	Orange Juice Potato Crumbed Fish Tartar Sauce / Lyonnaise Potatoes / Garden Blend Vegetables /100 % Wh Wheat Bread / Peaches
16	Grape Juice Lemon Baked Chicken Bowtie Pasta California Normandy Oatnut Bread Pears	17	Happy St.Pat's Day OJ /Corned Beef / Mustard / Parslied Boiled Potatoes / Carrots / Cabbage/ Wheat Brd / Lime Sherbet	18	Italian Sausage w/ Italian Sce Penne w/ Marinara Sauce Italian Blend Vegetables 12 Grain Bread Peaches	19	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables/ Cranberry Sauce / Wheat Bread / Fresh Orange	20	Corn Chowder Seafood Salad on a Multigr Bun /Shredded Lettuce / Baked Sweet Potato /Wholegr Fruit Oatmeal Bar
23	Orange Juice SI Meatloaf w/ Gravy Spanish Rice / Carrots/ 100 % Wh Wheat Brd / Frosted Cake	24	Cr Of Broccoli Soup Rst Chicken w/ Veg Broth / Mashed Pots Spinach / Ritz Craxs / Fresh Orange	25	Stuffed Pepper & Marinara Sce Penne w/ Marinara Sce / Parm Cheese / Green & Yellow Wax Beans / Wheat Dinner Roll / Applesauce	26	Baked Ham w/ Raisin Sce / Baked Potato / Butternut Squash / 12 Grain Bread/ Peaches	27	Cheesy Veggie Lasagna Spinach Salad w/ Diced Tomatoes & Cucs /Italian Dressing / Club Roll P' Apples & Mandarins
30	Swedish Meatballs w/ Gravy /Bowties / Peas & Diced Carrots / Wheat Bread / Peaches & Pears	31	OJ /Hot Dog on Bun/ Ket, Must, Rel / Bked Beans/ Red, Gr, Purple Cabb Coleslaw/ Cookie						

Elderly Nutrition Program meals are served Mon thru Friday to persons 60 years of age older and their spouses. Meals are served Mon thru Friday

**All meals are served with milk, bread and margarine. SUGGESTED DONATION: \$2.50 (or whatever you can afford)**